

Inkings



VOLUME 5

E- MAGAZINE

B.A. PROGRAMME

MATA SUNDRI COLLEGE FOR WOMEN

College Prayer

ਸਵੈਯਾ

ਦੇਹ ਸਿਵਾ ਬਰ ਮੋਹਿ ਇਹੈ ਸੁਭ ਕਰਮਨ ਤੇ ਕਬਹੂੰ ਨਾ ਟਰੋਂ ॥
ਨ ਡਰੋਂ ਅਰਿ ਸੇ ਜਬ ਜਾਇ ਲਰੋਂ ਨਿਸਚੈ ਕਰ ਅਪਨੀ ਜੀਤ ਕਰੋਂ ॥
ਅਰ ਸਿਖ ਹੋਂ ਅਪਨੇ ਹੀ ਮਨ ਕੇ ਇਹ ਇਹ ਲਾਲਚ ਹਉ ਗੁਨ ਤਉ ਉਚਰੋਂ ॥
ਜਬ ਆਵ ਕੀ ਅਉਧ ਨਿਦਾਨ ਬਨੇ ਅਤ ਹੀ ਰਨ ਮੈ ਤਬ ਜੂਝ ਮਰੋਂ ॥
ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ

ਸਵੈਯਾ

ਦੇਹ ਸਿਵਾ ਬਰ ਮੋਹਿ ਇਹੈ ਸੁਖ ਕਰਮਨ ਤੇ ਕਬਹੂੰ ਨਾ ਟਰੋਂ ॥
ਨ ਡਰੋਂ ਅਰਿ ਸੋ ਜਬ ਜਾਏ ਲਰੋਂ ਨਿਸਚੈ ਕਰ ਅਪਨੀ ਜੀਤ ਕਰੋਂ ॥
ਅਰ ਸਿਖ ਹੋਂ ਅਪਨੇ ਹੀ ਮਨ ਕੇ ਇਹ ਲਾਲਚ ਹਤ ਗੁਨ ਤਤ ਤਚਰੋਂ ॥
ਜਬ ਆਵ ਕੀ ਅਤਧ ਨਿਦਾਨ ਬਨੇ ਅਤ ਹੀ ਰਨ ਮੈ ਤਬ ਜੂਝ ਮਰੋਂ ॥
ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ

Sawaiya

O' God, grant my request so that I may never deviate from
doing good deeds.
That, I shall have no fear of the enemy when I go into battle
and with determination, I will be victorious.
That, I may teach my mind to only sing your praises.
And when the time comes, I should die fighting heroically on
the field of battle.

Guru Gobind Singh Ji

PEOPLE BEHIND THE SCREEN

Editor- Aleena Sultana

Hindi Editor - Taruna Singh

Urdu Editor- Pakiza Shekh

Punjabi Editor - Simarpreet Kaur

English Editor - Aleena Sultana

Illustrator - Aleena Sultana

Coordinator

Dr. Lokesh Kumar Gupta

Co-Coordinator

Dr. Manisha Mathur

Dr. Niti Arora

FROM THE PRINCIPAL'S DESK



The B.A. (Programme) Society magazine, *Inkings* is ready with its 5th Edition. It is a proud moment indeed and I take this opportunity to congratulate the team of student editors and contributors for achieving this milestone, overcoming the challenging circumstances that all of us are facing today.

The magazine belongs to the students and showcases their creativity and imagination. As Henry David Thoreau said “the world is but a canvas to our imagination”. Imagination gives us wings and enables us to soar high. The post COVID world has resulted in a paradigm shift, bringing about drastic changes and technology has invaded our lives in a major way, creating a virtual world. However, it is heartening to see that this overabundance of technology has not killed the imagination and creativity of our students.

The themes, subjects and genres chosen in this edition are diverse and topics such as Mental Health have also been dealt with showing the sensitivity of our students towards issues such as these. The linguistic diversity of the magazine is also to be appreciated and applauded. *Inkings* aims to inspire, engage and entertain a diverse readership. I once again congratulate the team for this beautiful creation and laud the efforts of Dr. Lokesh Kumar Gupta and other faculty members for diligently guiding the students. I hope that the team will continue to work meticulously and take the B.A. (Programme) Society and *Inkings* to greater heights.

Prof. Harpreet Kaur

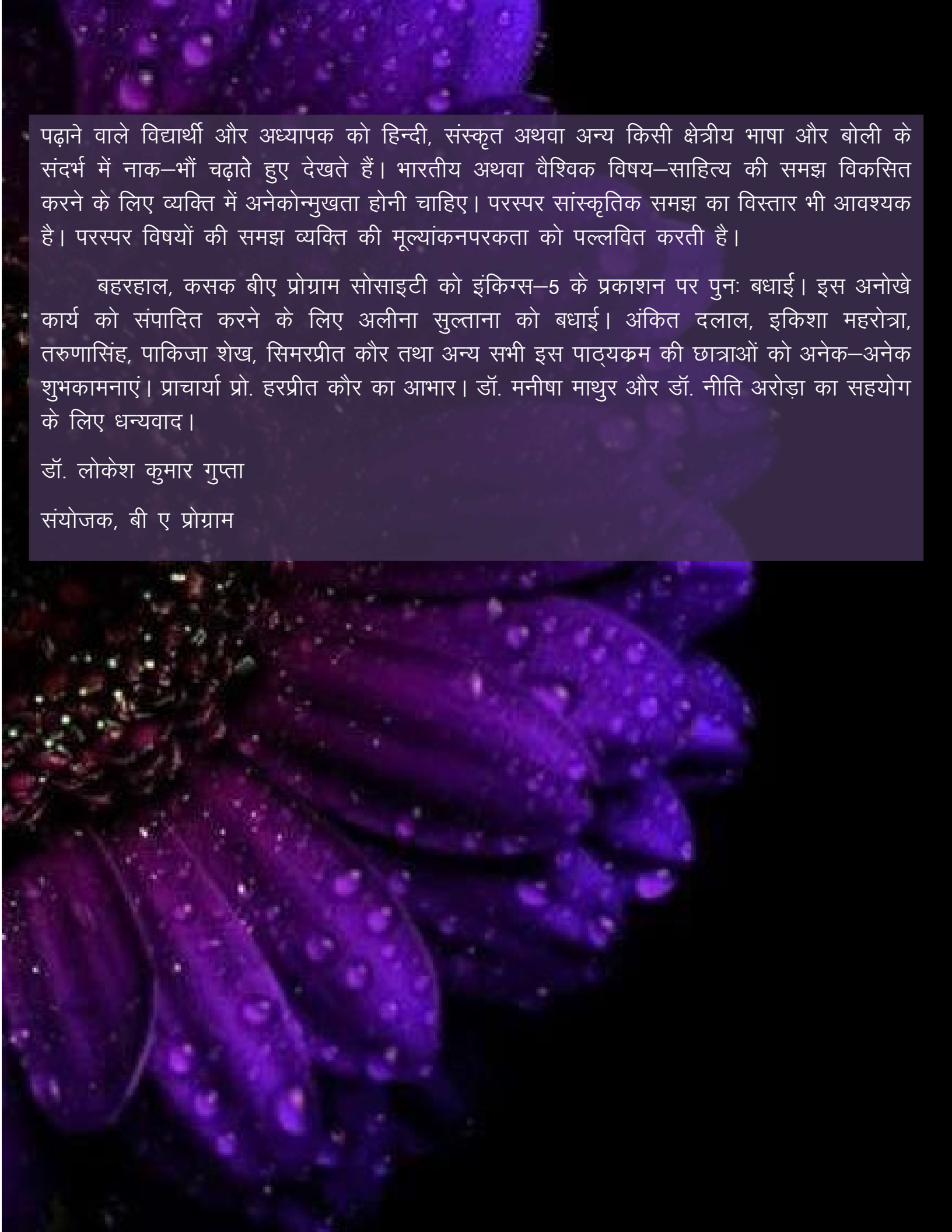
Principal

संयोजक की कलम से

कसक बीए प्रोग्राम सोसाइटी की ओर से ई—मैगजीन इंकिग्स के प्रकाशन के लिए सभी को बहुत-बहुत बधाई और शुभकामनाएं। हम पूर्व में भी व्यक्त कर चुके हैं कि यह कार्य लगभग वैसा ही है जैसे सूखे पहाड़ से चश्में बहाना। लगभग ऐसा ही है जैसे तपते रेगिस्तान में जिंदगी की चटक को महसूसना। प्रतीति वैसी ही है जैसे वीराने में सुकून भरी संगीत की कोई बंदगी कानों को सुनाई पड़े। जैसे करवट बदलती रात को दूरागत वंशीरव की मिठास का अहसास।



व्यक्ति को अभिव्यक्ति की मात्र उबड़खाबड़, बांकी—टेढ़ी, पगड़ंडिया मिलनी चाहिए, व्यक्ति की कल्पनात्मक उर्वर अभिव्यक्ति में इतनी गति होती है कि वह उन बेतरतीब पगड़ंडियों में रास्तों की बिनावट स्वयं करना शुरू कर देता है। वह इन पगड़ंडियों में सृजन का मात्र रास्ता नहीं तैयार करता बल्कि उस पथ पर चलने के लिए सोच और संवेदना का ऐसा लोकतांत्रिक राजमार्ग तैयार करता है जो जन के लिए पूर्णतया कंटकहीन होता है। उसकी संकल्प संवेदना में इतनी शक्ति होती है कि वह स्वयं पहाड़ों को फोड़कर उनके सीने में भी अपने लिए रास्ता बना लेते हैं तो वहीं वे संकल्प शक्ति से समंदर को लांघने की कूवत भी पैदा कर लेते हैं। हमें बस जरूरत है उस कूवत और ताकत को सहारा देने की, उनका हौसला बढ़ाने की। ये क्षण है उस कूवत की प्रशंसा करने का। क्षण है उस शक्ति के अभिनंदन का। ये पीपल के वे पेड़ हैं जो अपने आप किसी मुंडेर या दीवार में उग आते हैं। किसी सहारे के बिना। बिना किसी के सींचे। बिना खाद और मिटटी के। पत्थर—चूने की दीवार में उगे पीपल को यदि किसी सधे हाथ का सहारा मिल जाए तो वह धरा पर आकर, जिंदगी को सैकड़ों वर्ष प्रतिपल जीने के लिए प्राणवायु प्रदान करने के साथ ही सैकड़ों का घरौंदा बनता है। बसेरा बनता है। पीपल लगाना बड़ा काम है। पीपल सबको चाहिए, लेकिन अपने घर में पीपल किसी को नहीं चाहिए। पीपल की पीड़ा को पीपल ही समझता होगा। मोझ के मार्ग में अंतिम साथी ये पीपल ही है। हम विशेष फसल की पैदावार सब करना चाहते हैं लेकिन मशरूम/कुकुरमुत्ता की खेती की समझ जिनको है, वे जानते हैं मशरूम की उपज। शिक्षा के व्यापार ने शिक्षा को विशेष बना दिया। शिक्षा को आइसोलेट कर दिया। शिक्षा की सर्वांगीणता को भी समाप्त किया। शिक्षक चाणक्य—सा चाहिए; लेकिन शिक्षक विशेष विषय में दीक्षित होने चाहिए। हम छात्रों के सर्वांगीण विकास पर बल देते हैं। हमें शिक्षक की भी अंतर्विषयकता पर बल प्रदान करना चाहिए। मसलन संस्कृत वाले को हिन्दी नहीं और हिन्दी वाले को संस्कृत ज्ञान नहीं। और मजेदार तो तब होता है जब अन्य अनुशासन पढ़ने और



पढ़ाने वाले विद्यार्थी और अध्यापक को हिन्दी, संस्कृत अथवा अन्य किसी क्षेत्रीय भाषा और बोली के संदर्भ में नाक-भौं चढ़ाते हुए देखते हैं। भारतीय अथवा वैश्विक विषय-साहित्य की समझ विकसित करने के लिए व्यक्ति में अनेकोन्मुखता होनी चाहिए। परस्पर सांस्कृतिक समझ का विस्तार भी आवश्यक है। परस्पर विषयों की समझ व्यक्ति की मूल्यांकनपरकता को पल्लवित करती है।

बहरहाल, कसक बीए प्रोग्राम सोसाइटी को इंकिग्स-5 के प्रकाशन पर पुनः बधाई। इस अनोखे कार्य को संपादित करने के लिए अलीना सुल्ताना को बधाई। अंकित दलाल, इकिशा महरोत्रा, तरुणासिंह, पाकिजा शेख, सिमरप्रीत कौर तथा अन्य सभी इस पाठ्यक्रम की छात्राओं को अनेक-अनेक शुभकामनाएं। प्राचार्या प्रो. हरप्रीत कौर का आभार। डॉ. मनीषा माथुर और डॉ. नीति अरोड़ा का सहयोग के लिए धन्यवाद।

डॉ. लोकेश कुमार गुप्ता

संयोजक, बी ए प्रोग्राम

Inkings is in its 5th Edition and I congratulate the student editors and the contributors for their creative endeavours. The magazine has encouraged and nurtured the talent of students. The creativity of these young students is highly appreciated; they are writing poetry with ease, penning down prose with feeling, painting with vibrant colours and sketching with passion. They have given wings to their imagination. It is elevating to see that their eyes are open to some other beautiful world.



The linguistic diversity of the publication reflects not only the diversity which is an integral part of our institution but also harmony which is one of its core values. This edition of *Inkings* is a product of long and arduous work. There have been brainstorming sessions on various aspects from selection of articles to designing layouts with creative inputs being provided by these wonderful, talented students.

Here is wishing *Inkings* a great future.

Dr. Manisha Mathur

Co-Coordinator, B.A. (Programme) Society

Editorial

I'm (Aleena Sultana) proud to present you the fifth volume of Inkings - an e- magazine which started almost three years ago, previously managed by Miss Komal Kusum and now passed on to me. I'm highly obliged to be connected to these amazing people, my editors Pakiza Sheikh and Taruna Singh and my content writers Ankit Dalal and Ekisha Mehrotra, who did their jobs splendidly. Special thanks to Miss Komal Kusum who not only gave me this wonderful opportunity but also helped me out in every way throughout the process. I would like to express my gratitude to Dr. Lokesh Kumar Gupta, because of whom all of this could happen.

As Miss Komal quoted, the B.A. Programme society of our college indeed, is like the mythical bird Phoenix, which burns to death and is reborn from its own ashes, the society too keeps rebuilding itself. Each year as one batch leaves and one joins, it is upto the middle ones who teams up and keeps the work going. But after managing and compiling this volume, I would like to add that the students of our B.A. Programme Society is more like Wizards, who produces magic in their creations and because of whom our society as a whole is a ball full of talents.

The journey of producing this volume have not just given me an exposure but also provided an opportunity to show my ideas properly. I was not sure in the starting about how I'll be able to do the work as good as Miss Komal Kusum. But with the guidance and support this was able to be completed.

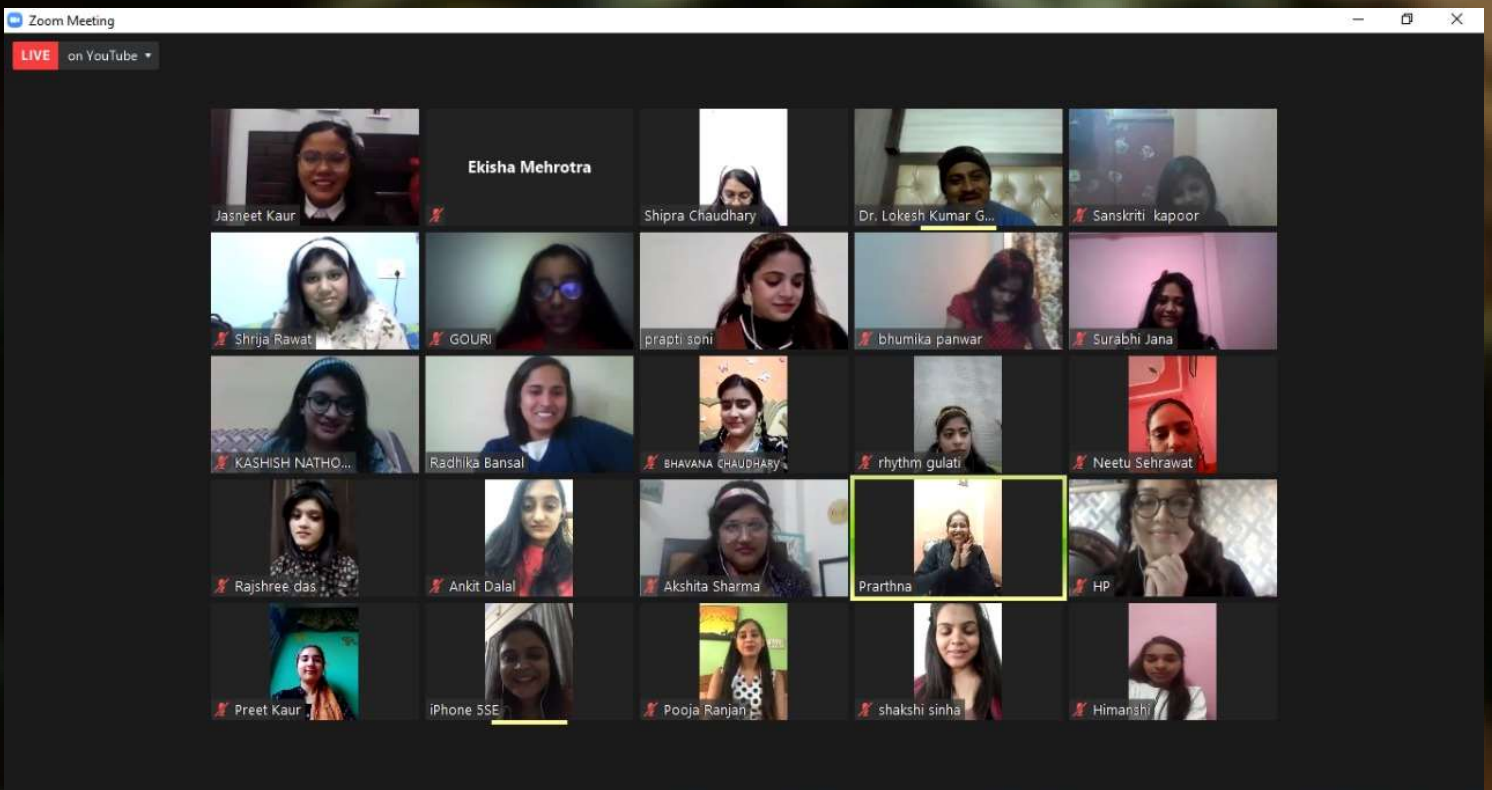
Thank you to everyone, who thought I was capable enough to do this amazing work, and who helped me throughout the process.

Aleena Sultana

Editor



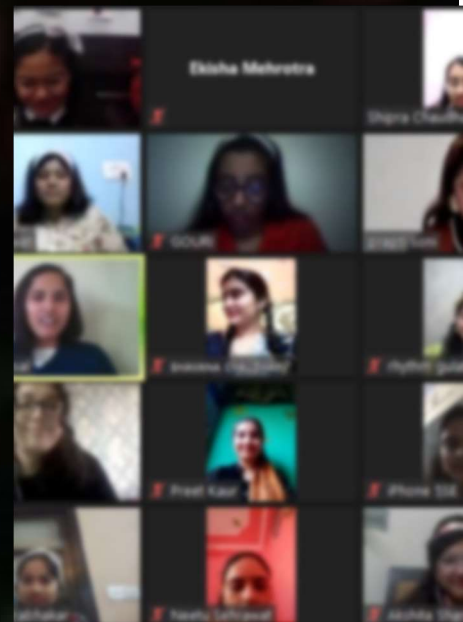
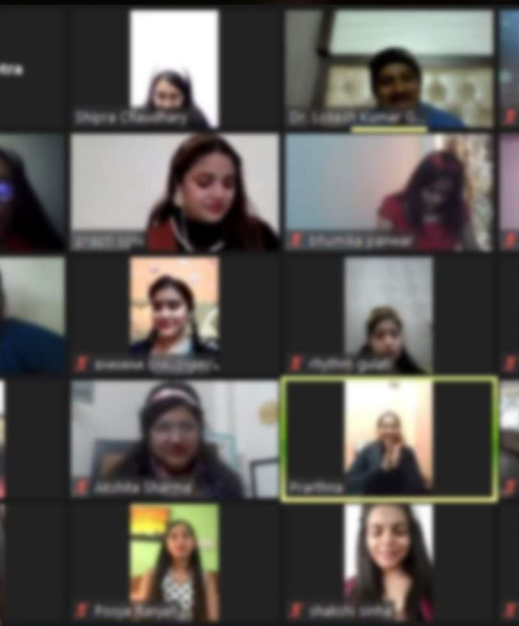
EVENTS



Union of Kasak society organized Freshers in the online mode on 29 December 2020 and the theme was IBTIDA that depicts “the beginning of something”. It was the first time that any department of Mata Sundri College organised online Freshers.



The event began with Dr. Lokesh Kumar Gupta (Convenor, B.A. Programme) welcoming Freshers accompanied by Dr. Niti Arora and Dr. Manisha Mathur (CO-Convenors, B.A. Programme).





Miss. IBTIDA title was given to Miss Vishakha Pant who gave a marvelous dance performance

The event was successfully arranged. The judges for the event were pass-outs of 2020 who were the post holders of The Kasak society in the year 2019-2020.



The image features two dark blue roses, one in the upper right and one in the lower left, set against a black background. A semi-transparent grey rectangular box is centered over the image, containing the word "Poetry" in a blue, serif font. The roses have a velvety texture and are partially open, showing their intricate petal patterns. The lighting highlights the edges of the petals, giving them a three-dimensional appearance.

Poetry

God

Concealed our minds inside this place
We live and stow away the ashes of our past
For most of us it's almost the same
Our mental health is a bird in a cage

All the times that I have tried
Seems like I always speak in vain
It feels like I am talking to God
'cause he doesn't respond either. Shame!

Hope came by to see me last night
I'm sure I was fast asleep
I remember reading 'Dickinson' one day
I reckon her words were never for me

People are like molten wax
Predetermined to be moulded
In the shape, the size, the volume intended
By the man/woman who builds its fate

We are nothing else but this...
A wax figure of our experiences
Ambivalent about who might've cast
The uncanny shapes that our feelings take

May I ask "why am I like this?"
"Why what happened, happened with me?"
"Why did God (the one who pre-decides)
Chose all the wrong moulds for me?"

Deeksha Rawat,
3rd year

Life can be beautiful

Life can be beautiful,

Hope can be fruitful.

But it doesn't seem,

So, you should have your dream.

The dream where you can touch the sky,

The dream where you can fly.

Now you have to just achieve it,

But before that you have to believe it.

Believe in yourself and be truthful,

And that's how life can be beautiful.

Jahanvi Mishra,
1st year

Love

I am such a good child.
I forgive my parents
For the things they can't provide.
I smile it away
By loving them right.
I love them so much
That I forget myself
But I remember a time
When I only cared about myself.
I cursed
And I've been angry so much.
Now, when I look at it all
I was really absurd.
I love them endlessly
And I care too much.
I forgive them restlessly
To give them enough.

Deeksha Rawat,
3rd year

Gloomy Days

Anxiety and depression have become
So deadly than this pandemic,
Those sick minds at home
Are hoping an end to it.
Cases and death rate are increasing
So what? It is just a number,
Ask them how did they feel??
Was it easy for them to lose a member?
Oh my God! Lockdown!!
It is just impossible to stay at home,
What about those,
Who just spent their life in a room?
Sickly minds, deadly disease
The world is still suffering,
No employment, no money
Only the poor is starving...
People became cooking experts,
They did what they never before,
Is it they have got time? Or the love
For family from heart's core
Birthdays, anniversaries
All are going through online meetings
No surprise this time!!! (An excuse)
Earlier too it was just a greeting...

Nothing was new in everyday
Except the corona, jumping on the peak
Being positive or negative,
People still everyday feel sick
Sudden earthquakes in Delhi
Trembled the land so bad,
Heavy rainfall and water logging,
We faced everything that we ever had!
Floods took place in Assam
Worsening the current situation,
The miseries are taking place
Just like a worst fiction,
The earth is going to be okay soon
If we start believing in creeds
After all this corona is also
A result of our deeds.

Srishti Arora,
2nd year

Dad's Love

Dad when that was the time,
Where people abused a girl child
You decided to raise me
You decided to love me
You decided not be a father to kill her girl
You decided to be a man who I call my hero...
On the first day of love,
You wrapped me in the word special
I never knew how do I welcome your kindness
Your precious love you gave me
I know you are sweet daddy
You taught me to crawl
You taught me to speak
You taught me everything I am today
I never tried to be your son daddy
Cause you never let me feel like I was a girl
I was your strength, I am your strength.
I can see God in you.
I can feel your love, your sadness, your emptiness
I promise to be there with you always.

I am just eighteen dad
But I have seen everything in you.
your love, your anger, your pain, your sadness
I know you dad, I want to be you
Not better than you but just you.
I wish I could be the perfect daughter
No matter how hard I try
I come back to the water
I will be one day
Daughter as your way.

Apurva Gupta,
2nd year



A Sad Comedy

Who am I?

Just a girl

Trying hard to find a space.

Striving to make space.

My head is weighed down

Sometimes held up high.

But it doesn't matter at all

Because everything seems blur.

I don't know who to believe

And who to put my trust in.

I wish life was just a comedy movie

Because then it would've been funny

Even if it was sad.

Deeksha Rawat,
3rd year

People

We're burning in smoke
Not turning to ashes
Suffering in destruction
Not dying of it
Talk talk talk
Say what you want to say
You don't care how it hurts
Despair is far too easy to say
Bellowing in pain
Not a sound comes out
The ones who hurt
Are the people in pain.

Deeksha Rawat,
3rd year



चाँद तक पहुँच गई हूँ

चाँद तक पहुँच गई हूँ, लेकिन चाँदनी से आज भी
अछूती हूँ,

शाम ढलते ही उसी चार दीवारी में मुझे बंद होना पढ़ता
है, कुछ सियाने लोग हैं बाहर जिनसे मुझे बचना पढ़ता
है।

आज मुझे पहले जैसे मारा-पीटा तो नहीं जाता, हाँ मगर
बिन मारे ज़ख्मी करने का हुनर सीख गए हो तुम।

पाँव में बंदिशों की बेड़ियाँ बाँध कर कहते हैं 'जाओ जी
लो अपनी ज़िंदगी', मानो मज़ाक बन गई हो मेरी
आज़ादी।

जो पक्षी पिंजरे में बंद है वो क्या जाने के उड़ान भरना
क्या है, जो खुले घूमते हैं आवारा वो क्या जाने की हज़ारों
की निगाहें होने पर बंदिशों में जीना क्या है।

जहाँ तक मैं पहुँचीं नहीं ऐसा कोई मुक़ाम नहीं, बस कुछ
लोगों के लिए अपनी सोच को बदलना आसान नहीं।

अपनी आज़ादी का तो खुल कर खूब जशन मनाते हो,
फिर क्यों मेरी आज़ादी से खार खाते हो?

कमलप्रीत कौर, तृतीय वर्ष



मेरे विचार

- 1) बुरे वक़्त मे जो आपका साथ दें,
अपना अच्छा वक़्त उन्हें ही दिया करें ।
- 2) जिंदगी मे बेशक हर मौके का फायदा उठाओ,
जिनको जो सोचना है सोचने दो,
जिंदगी आपकी है औरों की नहीं ।
- 3) कामयाब होने के लिए सिर्फ
हुनर ही काफ़ी नहीं है,
बल्कि लगन और मेहनत भी ज़रूरी है ।

बेटी हूँ मैं

कौन हूँ मैं, यही सवाल करती हूँ,
लड़की हो, लाचार, मजबूर, बेचारी हो, यही जवाब सुनती हूँ मैं।

बड़ी हुई, जब समाज की रस्मों को पहचाना,
अपने ही सवाल का जवाब, तब मैंने खुद में ही पाया,

लाचार नहीं मैं, एक चिंगारी हूँ,
छेड़ों मत जल जाओगें, दुर्गा और काली हूँ,
परिवार का सम्मान, माँ-बाप का अभिमान
औरत के सब रूपों में सबसे प्यारा रूप हूँ मैं,
जिसकों माँ ने बड़े प्यार से हैं पाला,
उस माँ की बेटी हूँ मैं।

रिश्तों को प्यार में बांधने वाली डोर हूँ मैं,
जिसकों को हर मुश्किल में संभाला,
उस पिता की बेटी हूँ मैं।

याद आती हो

बहुत याद आती है माँ जब भी होती थी मैं परेशान
रात रात भर जग कर तुम्हारा ये कहना कि
कुछ नहीं, सब ठीक हो जाएगा ।
याद आता है, मेरे सफल होने पर
तुम्हारा दौड़ कर खुशी से गले लगा लेना ।
याद आता है, माँ तेरा शिक्षक बनकर
नई-नई बातें सिखाना ।
याद आता है माँ
कभी दोस्त बन कर हँसी मज़ाक कर
मेरी खामोशी को समझ लेना ।
याद आता है माँ कभी गुस्से से डाँट कर
चुपके से पुकारना फिर सिर पर अपना
प्यार भरा हाथ फेरना ।

याद आता है माँ
बहुत अकेली हूँ दुनिया की भीड़ में,
फिर से अपना ममता का साया दे दो मुझे
तुम्हारा स्नेह भरा प्रेम बहुत याद आता है माँ।

अनुशाह आज़िम, तृतीय वर्ष

दोस्ती

एक दिन जिंदगी ऐसे मुकाम पर पहुँच जाएगी
दोस्ती तो सिर्फ यादों में ही रह जाएगी

हर बात दोस्तों की याद दिलायेगी
और हँसते हँसते फिर आँखें नम हो जाएँगी

ऑफिस के रूम में क्लासरूम नज़र आएँगी
पैसे तो बहुत होगा
लेकिन खर्चा करने के लम्हें कम पड़ जाएंगे

जी लेंगे खुल के इस पल को मेरे दोस्त
क्यूँ के जिंदगी इस पल को फिर से नहीं दोहराएगी।

ਤੇਰੇ ਰੰਗ ਨੇ ਦਾਤਿਆ

ਬੱਚੇ ਤਾਂ ਸਾਰੇ ਇੱਕੋ ਜਿਹੇ ਨੇ, ਬਸ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਰਾਹਾਂ ਅਲਗ ਅਲਗ
ਨੇ, ਕਿਸੇ ਦੇ ਖੇਡਣ ਨੂੰ ਗੁਡੀਆਂ ਪਟੋਲੇ ਨੇ ਤੇ ਕਿਸੇ ਦੇ ਹਿੱਸੇ ਆਏ
ਗਿਟੀਆਂ ਰੋੜੇ ਨੇ, ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ ਰੰਗ ਨੇ ਦਾਤਿਆ, ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ
ਭਾਣੇ ਨੇ ।

ਤੂੰ ਤਾਂ ਆਪਣੇ ਸਾਰੇ ਜਾਏ ਇੱਕੋ ਜਿਹੇ ਸਮਝਦਾ ਐ ਪਰ ਏਥੇ ਨਾ ਇਹ
ਭਰਾਵਾਂ ਵਾਂਗ ਰਹਿੰਦਾ ਐ ਦੂਜੇ ਨੂੰ ਨੀਵਾਂ ਦਿਖਾ ਆਪਣੇ ਆਪ ਨੂੰ ਉੱਚਾ
ਕਹਿੰਦਾ ਐ ।

ਜੈ ਮੇਹਨਤ ਕਰਦੇ ਨੇ ਓਹਨਾ ਦੀ ਹੱਕ ਦੀ ਮਾਰ ਇਹ ਲੈਂਦਾ ਐ, ਆਪਣੇ
ਆਪ ਤੋਂ ਉੱਚਾ ਜਾ ਵੇਖ ਕਿਸੇ ਨੂੰ ਇਹ ਅੰਦਰੀਂ ਅੰਦਰ ਸੜਦਾ ਐ, ਭਲਾ
ਨਾ ਸੋਚਦਾ ਕਿਸੇ ਬਾਰੇ ਪਰ ਆਪਣੇ ਆਪ ਨੂੰ ਮਹਾਨ ਇਹ ਕਹਿੰਦਾ ਐ,
ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ ਰੰਗ ਨੇ ਦਾਤਿਆ, ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ ਭਾਣੇ ਨੇ।

ਕਈਆਂ ਦੇ ਸਿਰ 'ਤੇ ਕੋਠਾ ਵੀ ਹੈ ਨੀ ਕਈ ਕੋਠੀਆਂ ਕਾਰਾਂ ਵਾਲੇ ਨੇ,
ਕਈਆਂ ਰੋਟੀ ਦੀ ਕਦਰ ਨਾ ਕੀਤੀ, ਭਰੀ ਥਾਲੀ ਵਗਾ ਕੇ ਮਾਰੇ ਵੇ, ਕਈ
ਦੇ ਵਕਤ ਦੀ ਰੋਟੀ ਟੁਕ ਲਈ ਫਿਰਦੇ ਮਾਰੇ ਮਾਰੇ ਨੇ, ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ
ਰੰਗ ਨੇ ਦਾਤਿਆ, ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ ਭਾਣੇ ਨੇ।

ਕਈ ਪੁੱਤਰਾਂ ਨੂੰ ਤਰਸਦੇ ਨੇ, ਕਈ ਕੁਪੁੱਤਰਾਂ ਦੇ ਮਾਰੇ ਨੇ, ਕਹਿੰਦੇ ਰੱਬ
ਦਾ ਦੂਜਾ ਰੂਪ ਨੇ ਮਾਂ ਪਿਓ, ਜਿਨ੍ਹਾਂ ਇਹਨਾਂ ਧਿਆਇਆ ਐ, ਸੁੱਖ ਤਿਨ੍ਹਾਂ
ਨੇ ਪਾਇਆ ਐ।

ਮੈਂ ਅੱਖੀਂ ਵੇਖਿਆ ਬਿਆਨਿਆ ਐ, ਕਈ ਮਾਂ ਪਿਓ ਤੋਂ ਵਾਂਝੇ ਰੱਖਣ ਦੀ
ਸ਼ਿਕਾਇਤ ਰੱਬ ਤੋਂ ਕਰਦੇ ਨੇ, ਜਿਨ੍ਹਾਂ ਨੂੰ ਰੱਬ ਨੇ ਭਾਗ ਇਹ ਲਾਏ ਉਹ
ਕਦਰ ਨਾ ਕਰਦੇ ਨੇ, ਛੋਟਿਆ ਹੁੰਦਿਆਂ ਜੋ ਅੱਖੇ ਸੱਖੇ ਹਰ ਰੀਝ ਪੁਗਾਉਂਦੇ
ਨੇ, ਹਰ ਖੁਸ਼ੀ ਨਾਲ ਰੂਬਰੂ ਕਰਵਾਉਂਦੇ ਨੇ, ਵੱਡੇ ਹੋ ਕੇ ਉਹੀ ਮਾਂ ਪਿਓ
ਬੱਚਿਆਂ ਨੂੰ ਭਾਰ ਲਗਾਦੇ ਨੇ, ਓਹਨਾ ਦੇ ਹੀ ਘਰੋਂ ਓਹਨਾ ਨੂੰ ਕੱਢਦੇ ਨੇ,
ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ ਰੰਗ ਨੇ ਦਾਤਿਆ, ਇਹ ਕੇਹੋਜੇ ਤੇਰੇ ਭਾਣੇ ਨੇ।

ਕਮਲਪ੍ਰੀਤ ਕੌਰ, ਤੀਜਾ ਸਾਲ

Dr. Iffat Zarin

(Head of Urdu Department)

سسکیاں درد کی ذہنوں میں کہاں زندہ ہیں
خواب کی شکل میں آنکھوں کے نشان زندہ ہیں

کوئی احساس ہو باقی تو کوئی بات کریں
لوگ پتھر کے ہیں انسان کہاں زندہ ہیں

ہم نے تصویر کو آئینہ بنا رکھا ہے
کتتے چہرے ہیں جو زخموں میں نہاں زندہ ہیں

بوڑھی یادیں ہیں درختوں کی طرح سایا کیسے
سر چھپانے کو بزرگوں کے مکاں زندہ ہیں

ہم سمجھتے ہیں بدل دیں گے ہوائیں پھر بھی
نفرتیں باقی ہیں اور تیروکماں زندہ ہیں

وہ نہ مسجد میں ملی اور نہ صنم خانوں میں
اب محبت ہے کہاں صرف گماں زندہ ہیں

اپنے ہر شعر پہ کیوں اتنی وضاحت زریں
میری دلی ہے یہاں اہل زبان زندہ ہے

لاک ڈاؤں

ہر طرف ہے اک ہل چل لاک ڈاؤں کے بل پہ
آدمی ہوا پاگل لاک ڈاؤں کے بل پہ

ہر غریب سپنے میں دیکھتا ہے رات اور دن
تیل آٹا اور چاول لاک ڈاؤں کے بل پہ

دور ہے حسینوں سے ہر حسین شے ابکے
لالی غازہ اور کاجل لاک ڈاؤں کے بل پہ

ہو گیا لہو سستا قیمتی ہوا پٹروں
مہنگا ہو گیا ڈیزل لاک ڈاؤں کے بل پہ

زور ہے نہ چوڑی کا شور ہے نہ کنگن کا۔
بے صدا ہوئی پائل لاک ڈاؤں کے بل پہ

نفرتوں کے سودے نے بیچ ڈالا دیس اپنا
ڈھونڈو پیار کا آنچل لاک ڈاون کے بل پہ

مسجدیں ہیں بے رونق مندرے بھیتو ویراں ہیں -
مانوتا ہوئی گھائل لاک ڈاون کے بل پر

بند گھر میں ہے اب تو پاکیزہ بھی میرے معبود
گھر میں سب ہی داخل ہیں لوک ڈاؤن کے بل پہ

خواب

خواب آنکھوں سے زباں سے ہر کہانی لے گیا
مختصر یہ ہے وہ میری زندگی لے گیا
پھول سے موسم کی برساتیں ہواؤں کی مہکیں
اب کے موسم کی وہ سب شامیں نورانی لے گیا
دے گیا مجھ کو ہم کا و گھوڑا
میرے اشکوں سے وہ دریا کی روانی لے گیا
خاک اب اڑنے لگی میدان صحرا ہو گئے
ریت کا طوفان دریاؤں سے پانی لے گیا
کون پہچانے گا مجھ کو اتنی بھیڑ میں
میرے چہرے سے وہ اپنی ہر نشانی لے گیا

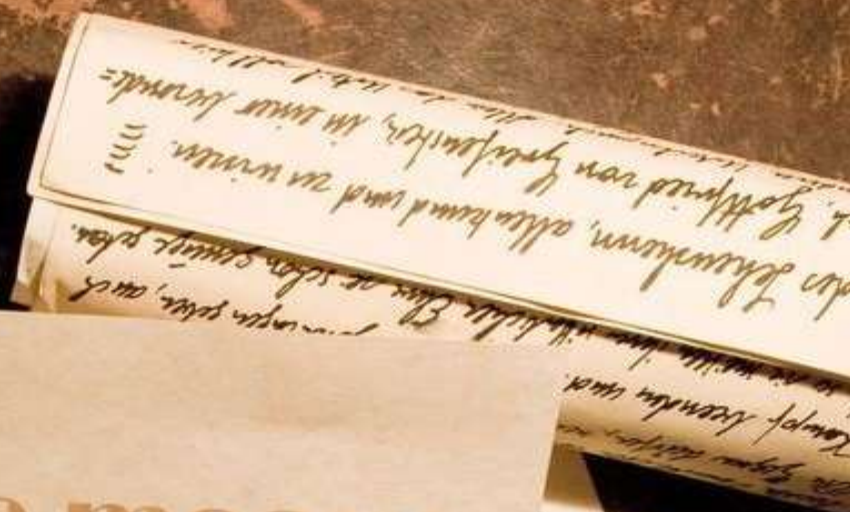
نہیں ملتا

کبھی کسی کو پورا جہاں نہیں ملتا
کہیں زمین کہیں آسماں نہیں ملتا
پورے شہر میں ایسا نہیں دیدار نہ ہو
جہاں امید ہو اس کی وہاں نہیں ملتا
کہاں چراغ جلائیں کہاں گلاب رکھیں
چھتیں تو ملتی ہیں لیکن مکاں نہیں ملتا
یہ کیا عذاب ہے سب اپنے آپ میں گم ہیں
زباں ملی ہے مگر دل زباں نہیں ملتا
چراغ جلتے ہی بینائی بجھنے لگتی ہے
خود اپنے گھر میں ہی گھر کا نشان نہیں ملتا



Articles/write-
ups and more.

To write means
more than
putting Pretty
words on a
page;
The act of
writing is to
share a part of
your soul with
the world.



Being a Girl.

What does someone actually feel being a girl? Burden, inequality, injustice, partiality, every time thinking of their families and not of themselves. Society norms suggests that girls are not allowed to go outside at night, not allowed to talk much, not allowed to talk in loud voice, not allowed to express feelings and the list goes on. In today's generation people say there is no difference in boy and a girl, but the partiality between gender role is still intact. People says girls, after a specific age should be married and often force them – verbally or emotionally or in some other way to marry at an early age. But in the case of boys, they often don't even bother about them. Other than that, household work is considered as “the work of women”. When working outside is concerned, women often don't get permissions from the male figures of the family. They're asked not to get indulged with opposite sex in any way then end up married to strangers by their own families. I, being a 19 years old girl has faced many challenges in this short span of 19 years. Although I belong to a family where my parents support my education and helps us in every way possible, they also motivate us to study higher and say that we can also do much better than boys. But, then also we suffer from the same problems that include - not allowed

to go to certain places, not allowed to do certain things, not allowed to wear some clothing etc. We are often asked to wear 'salwar-suit', don't get permissions to do some things just because of the presence of boys, and also are suggested to take admission in girl's college/schools. We are four sisters, parents say we are not partial to boys and girls, then the question arises why twin brothers were given birth to after 18 years? The reason they gave was, "brothers are important in one girl's life". I agree they are important at some point but if someone have 4 daughters then I don't think they need a son to make them proud, and I am sure our family is not the only one where this happens. This system circulates deep in the minds of this society. In the end I just want to conclude that: WE CAN ALSO GROW, MAKE YOU PROUD, WE ARE NO LESS THAN BOYS, AND MUST BE GIVEN EQUAL OPPORTUNITIES TO PROVE IT.

Ankit Dalal,
3rd year

Mental Health

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. However, this link also works in the other direction. Factors in people's lives, interpersonal connections, and physical factors can all contribute to mental health disruptions. Although the term mental health is in common use, many conditions that doctors recognize as psychological disorders have physical roots.

According to the World Health Organization: "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community". They also emphasize that preserving and restoring mental health is crucial on an individual basis.

Risk factors for mental health conditions: Everyone has some risk of developing a mental health disorder, no matter their age, sex, income, or ethnicity. Social and financial circumstances, biological factors, and lifestyle choices can all shape a person's mental health. It is important to note that good mental health depends on a delicate balance of factors and that several elements of life and the world at large can

work together to contribute to disorders.

Understanding good mental health: Our mental health influences how we think, feel, and behave in daily life. Strong mental health isn't just the absence of mental health problems. Rather than the absence of mental illness.

How to boost your mental health: This year alone, about one in five of us have been suffering from a diagnosable mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation. We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviors.

Make social connection a priority: especially face-to-face
No matter how much time we devote to improving our mental and emotional health, we will still need the company of others to feel and function at our best.

Staying active is as good for the brain as it is for the body:
When we improve our physical health, we will automatically experience greater mental and emotional well-being.

Learn how to keep your stress levels in check: Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control.

Interacting with another person can quickly put the brakes on damaging stress responses like “fight-or-flight”. It also releases stress-busting hormones. Once we discover how our nervous system responds to sensory input, we’ll be able to quickly calm ourselves no matter where or when stress hits. Take up a relaxation practice. Yoga, mindfulness meditation, deep breathing, or progressive muscle relaxation can put the brakes on stress and bring your mind and body back into a state of balance. Eat a brain-healthy diet to support strong mental health: Conversely, switching to a wholesome diet, low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best.

Aleena Sultana,
3rd year

Depression

Depression is one of the most common mood disorders in the United States. It causes persistent sadness and limits a person's ability to go about their daily activities. However, depression is treatable, and people can recover from it. Both lifestyle changes and medical treatments can help individuals feel better. Typically, managing depression is an ongoing process. It can be helpful to learn about depression in general, including its causes and symptoms.

Depression symptoms can vary from mild to severe and can include:

1. Feeling sad or having a depressed mood.
2. Loss of interest or pleasure in activities once enjoyed.
3. Changes in appetite — weight loss or gain unrelated to dieting.
4. Trouble sleeping or sleeping too much.
5. Loss of energy or increased fatigue.
6. Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable by others).
7. Feeling worthless or guilty.
8. Difficulty thinking, concentrating or making decisions.
9. Thoughts of death or suicide.

10. Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression.

The death of a loved one, loss of a job or the ending of a relationship are difficult experiences for a person to endure. It is normal for feelings of sadness or grief to develop in response to such situations. Those experiencing loss often might describe themselves as being “depressed”.

Educating friends and family members can also help, as loved ones can watch out for warning signs and be supportive when a person is having a difficult time.

Depression is a treatable mood disorder. People can recover from depressive episodes with lifestyle changes, coping strategies, talk therapy, or medications. For most people, a combination of these methods is necessary.

To maintain recovery from depression, it is essential to treat mental health in the same way as physical health — by working on it on an ongoing basis.

Anushah Azim,
3rd year

The background is a blurred photograph of an art studio. It shows various paint splatters in red, orange, blue, and black on a light-colored surface. There are also some brushes and other art supplies visible, though they are out of focus.

Artwork



Dipanshi Singh, 3rd Year



Dipanshi Singh, 3rd Year



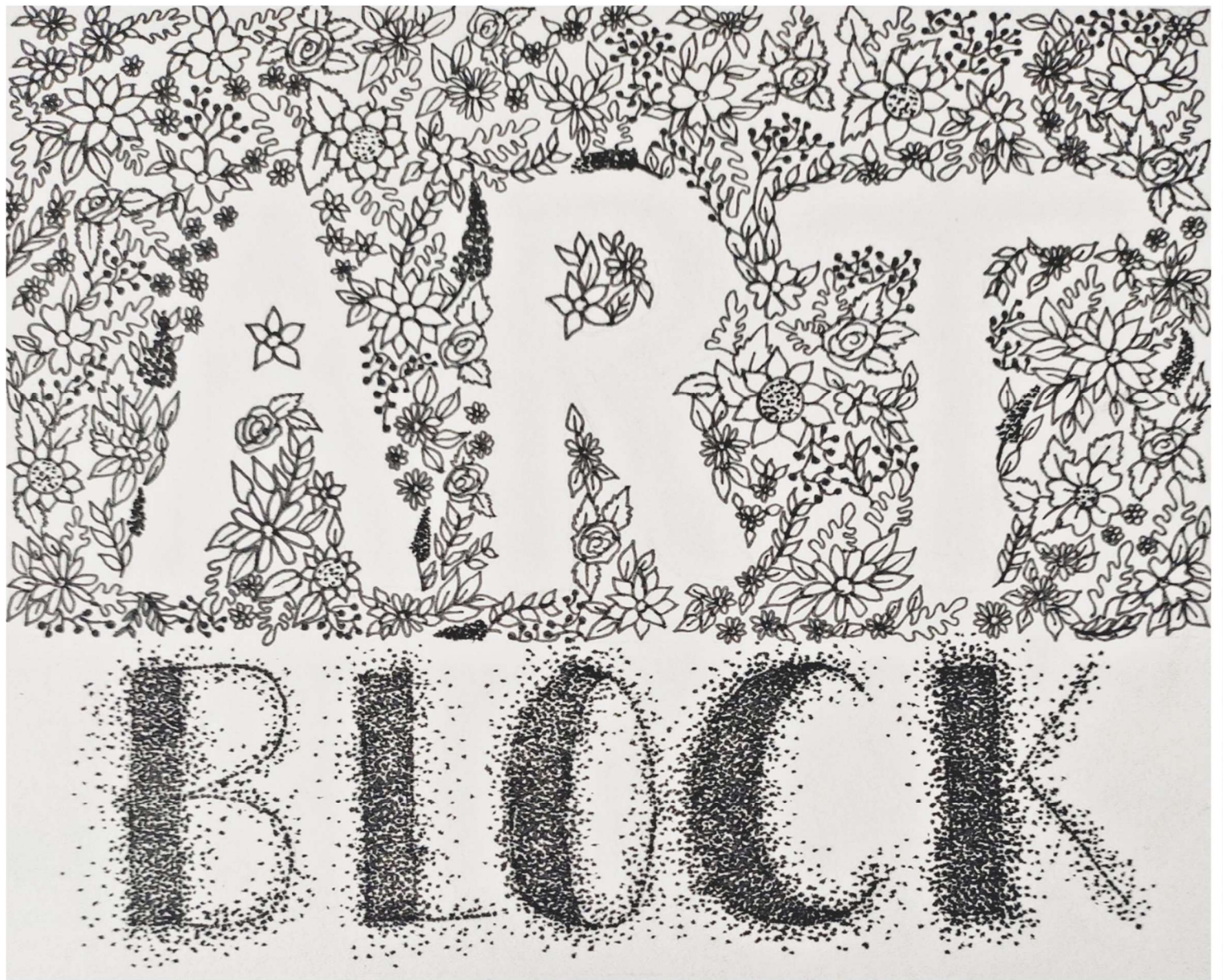
Anjali Bhadana, 1st Year



Anjali Bhadana, 1st Year



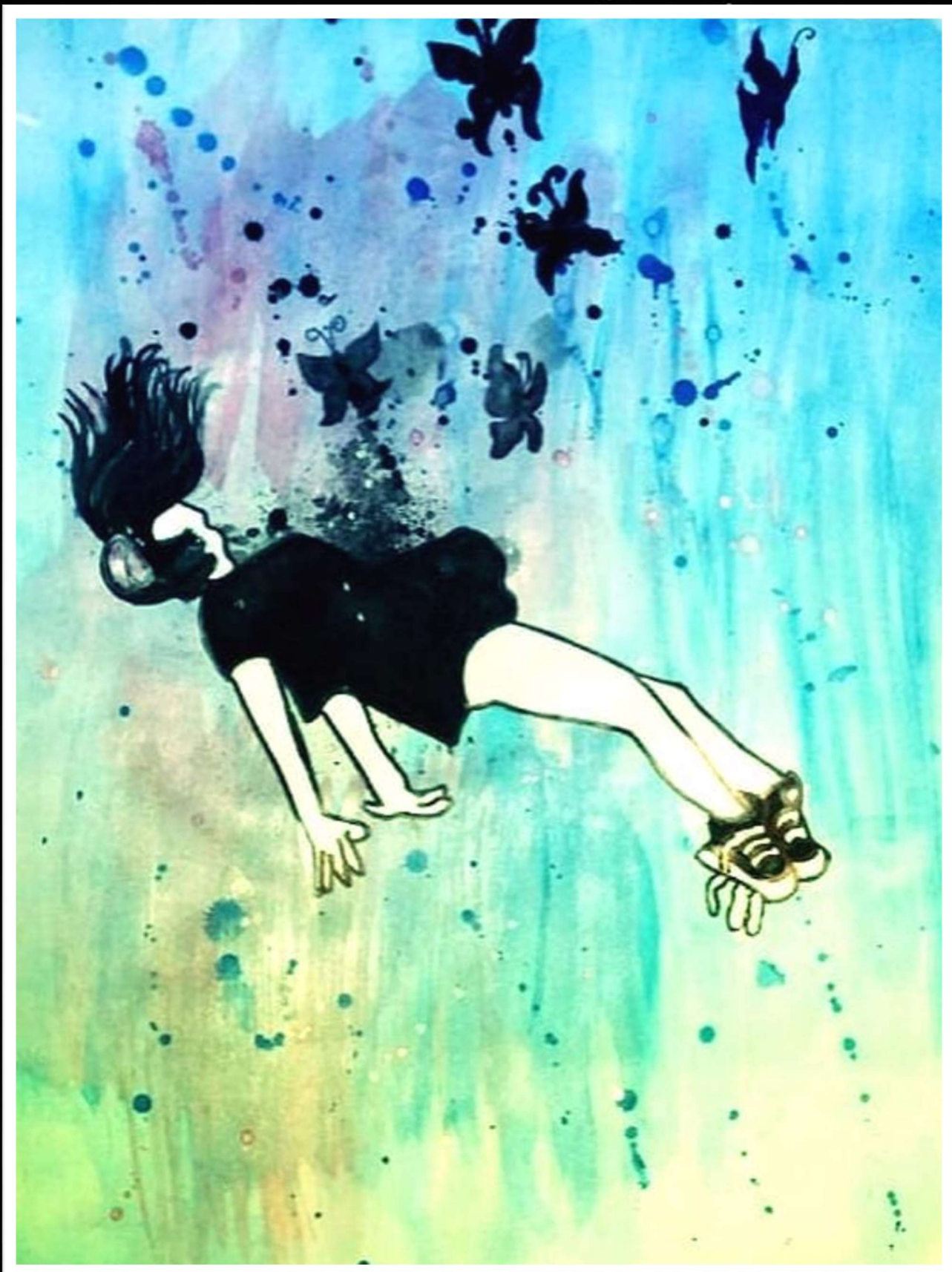
Manvi Kaushik, 2nd Year



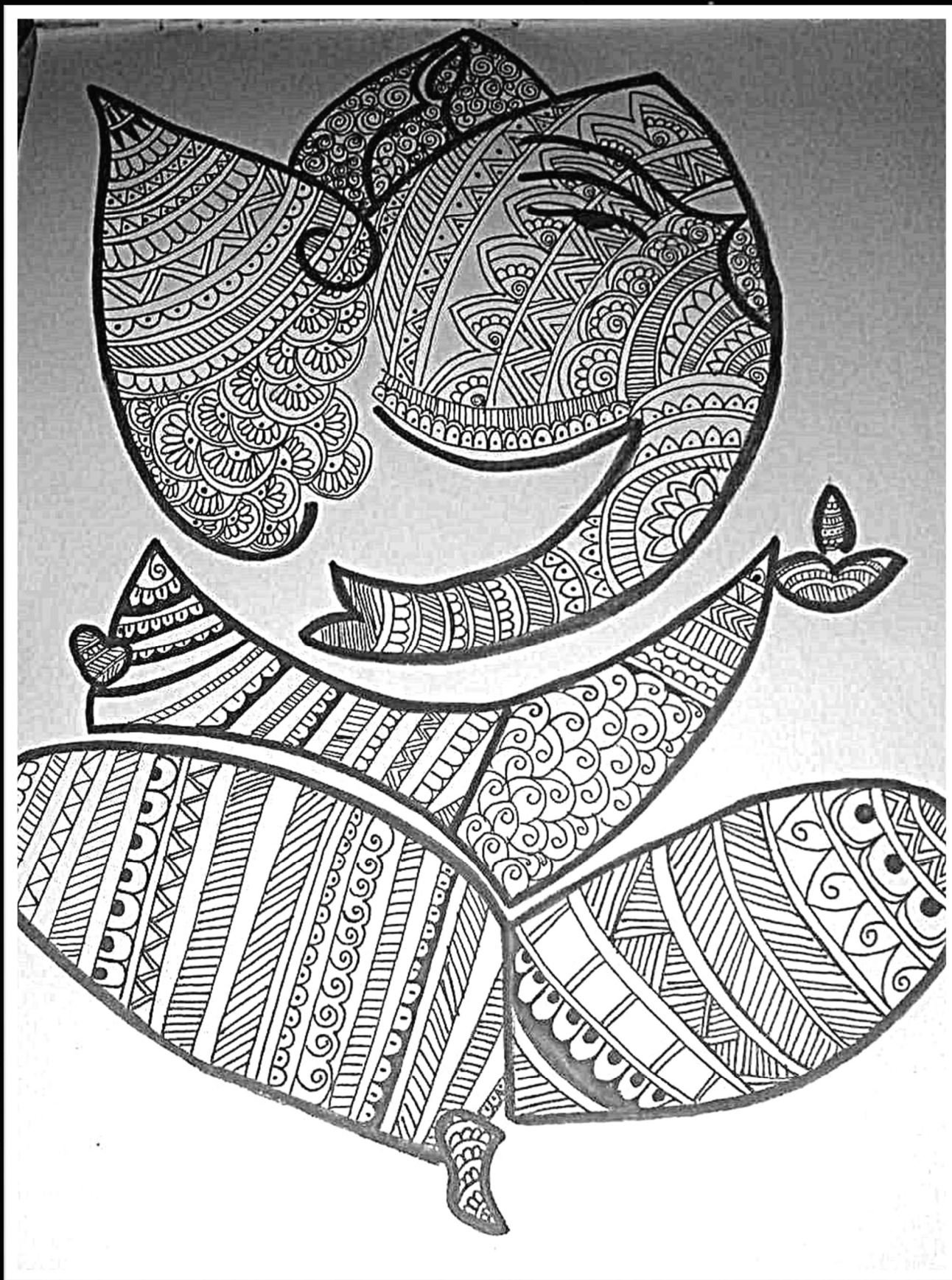
Manvi Kaushik, 2nd Year



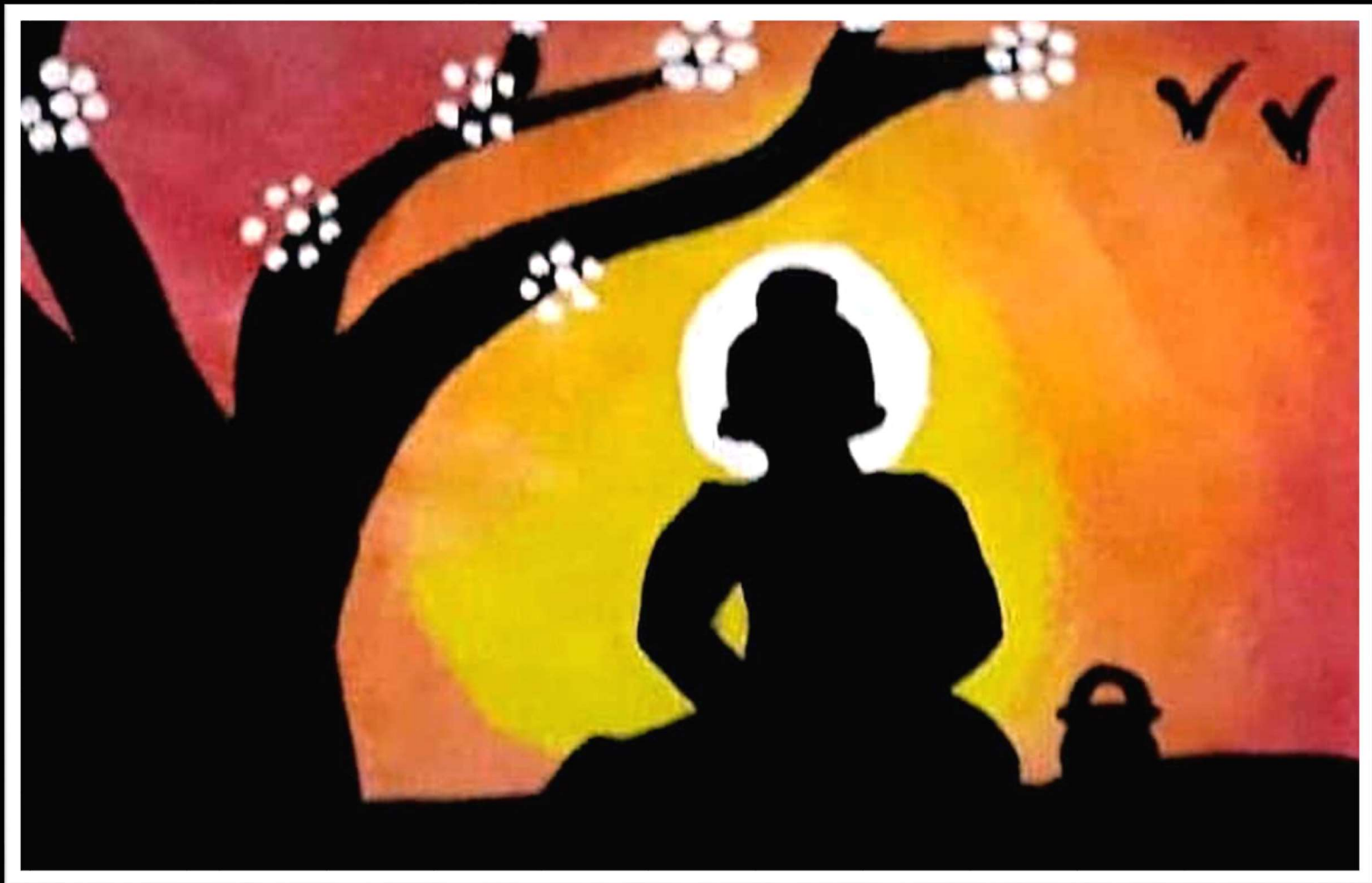
Pragya Nagpal, 3rd Year



Ridhi Kamra, 3rd Year



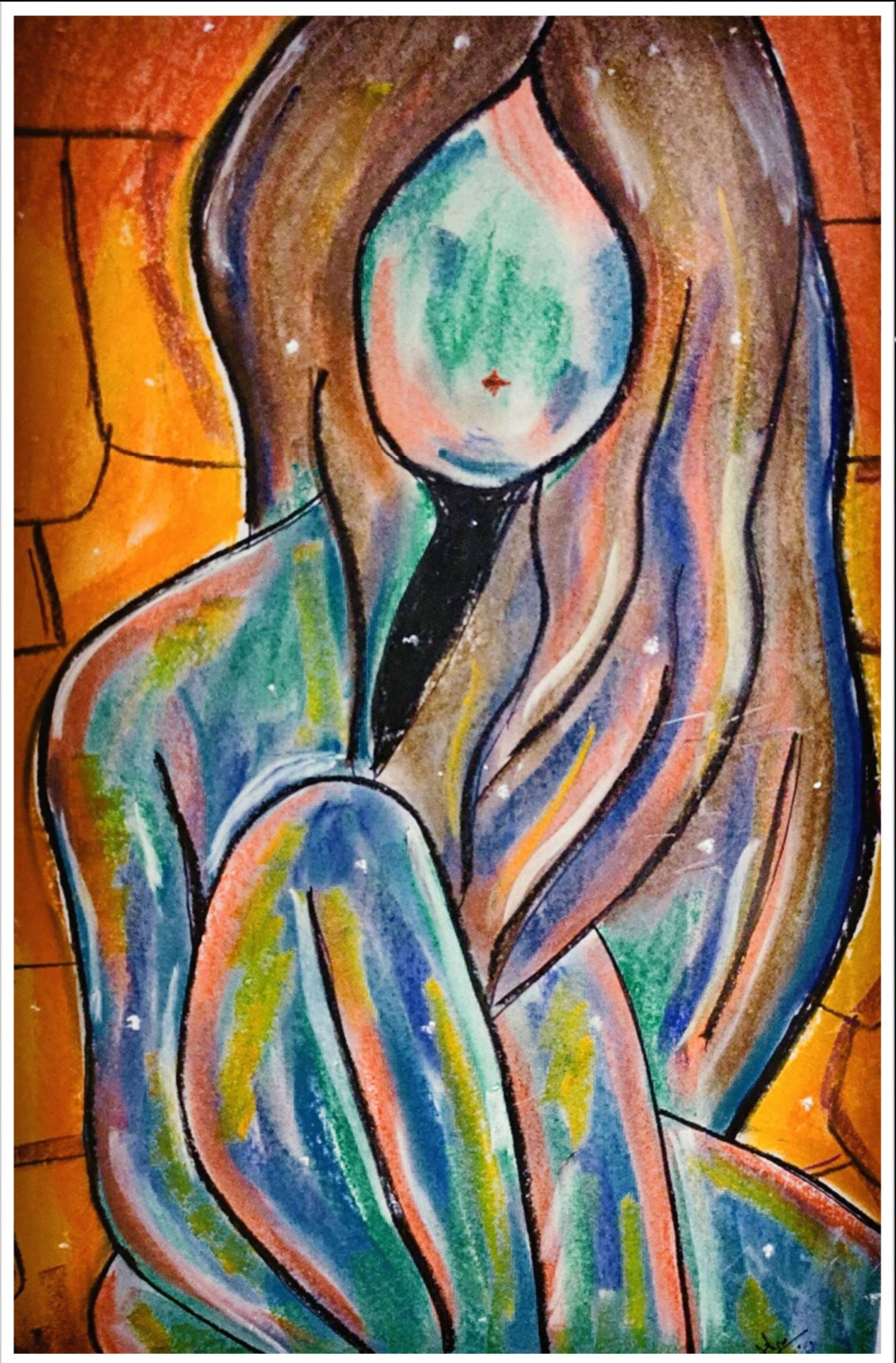
Ridhi Kamra, 3rd Year



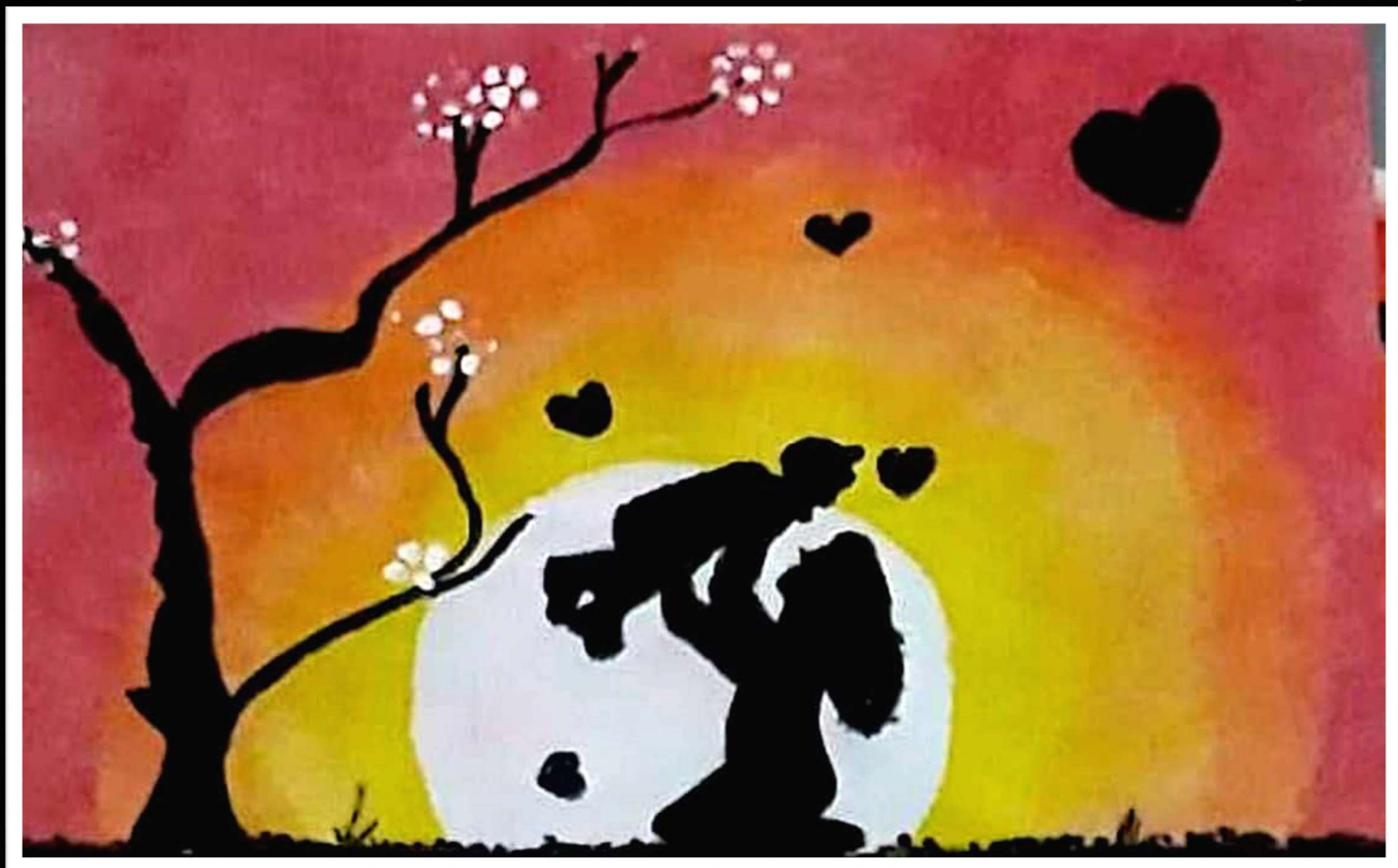
Taranpreet Kaur Matharu, 1st Year



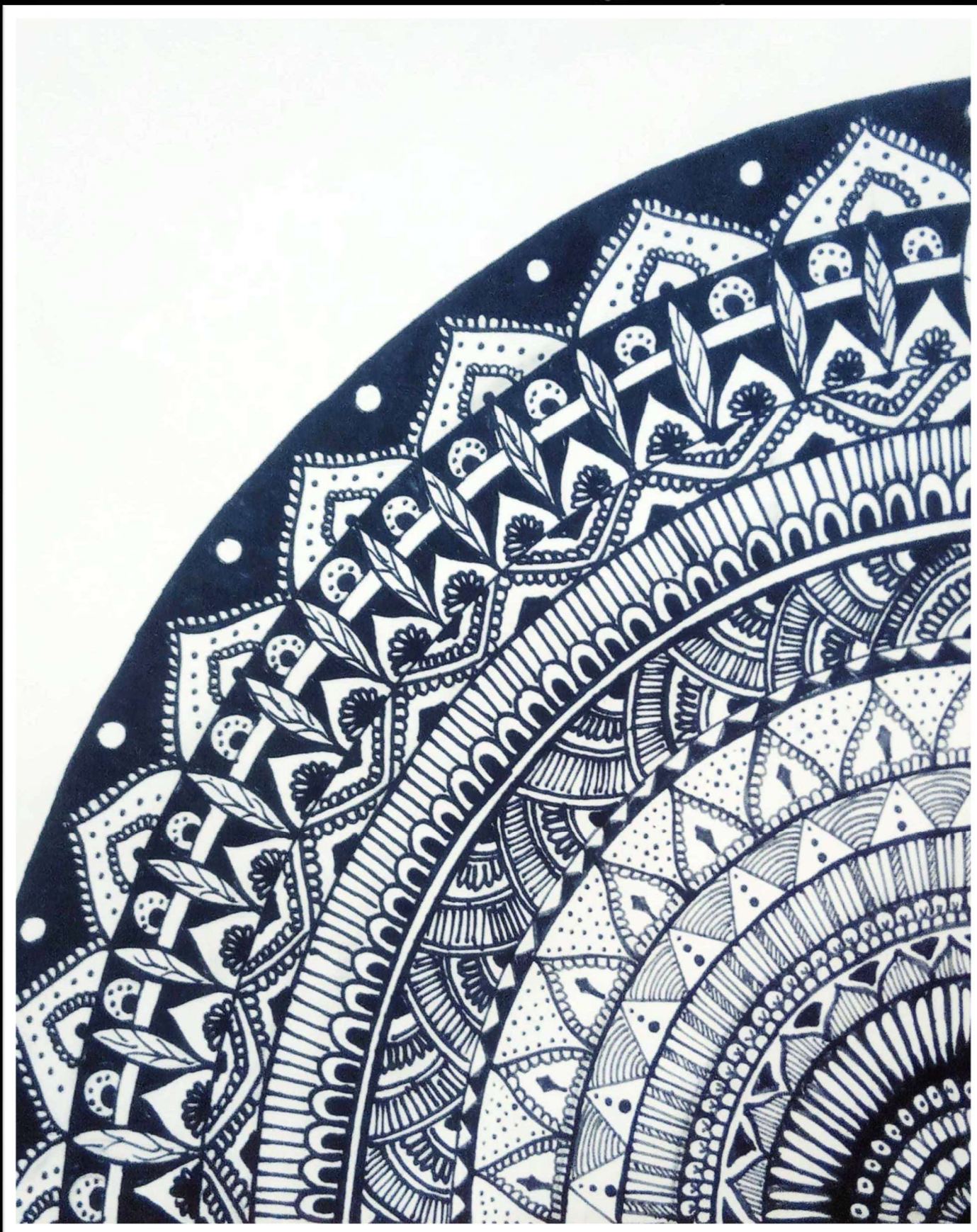
Taranpreet Kaur Matharu, 1st Year



Apurva Gupta, 2nd Year



Taranpreet Kaur Matharu, 1st Year



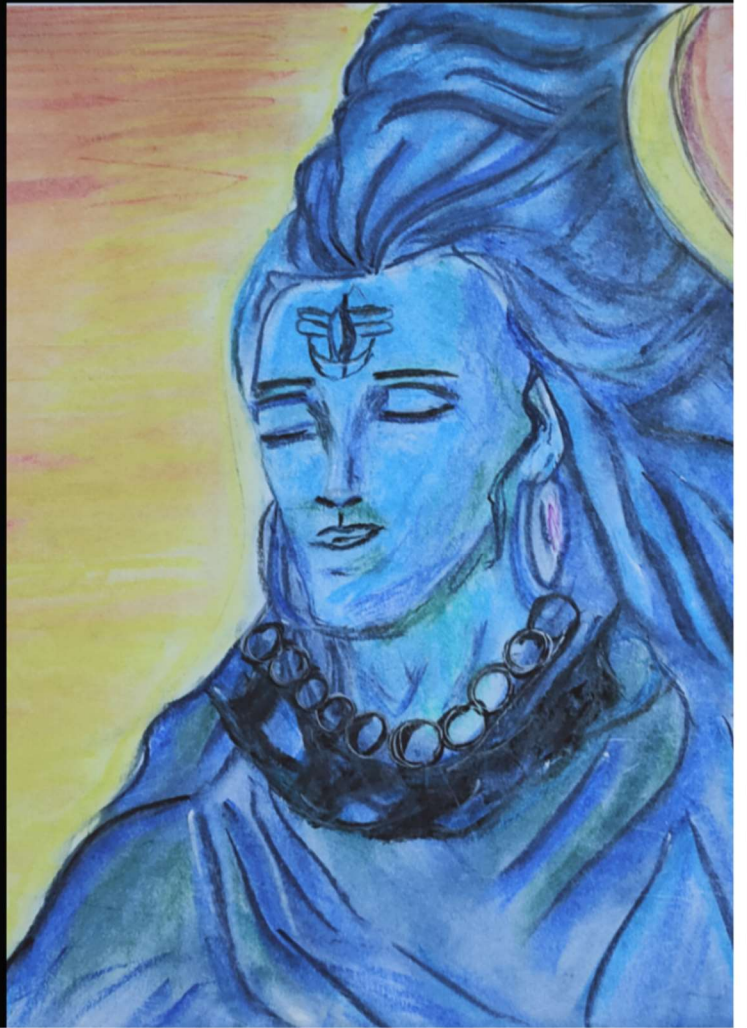
Poornima Rawat, 3rd Year



Anjali Bhadana, 1st Year



Anjali Bhadana, 1st Year



Apurva Gupta, 2nd Year

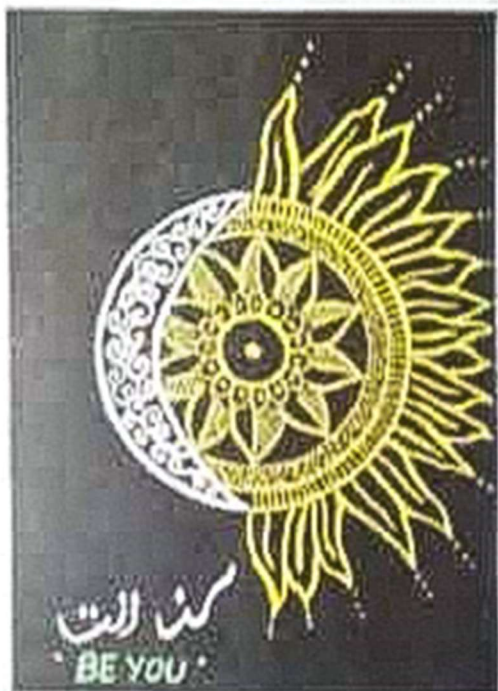


Dipanshi Singh, 3rd Year



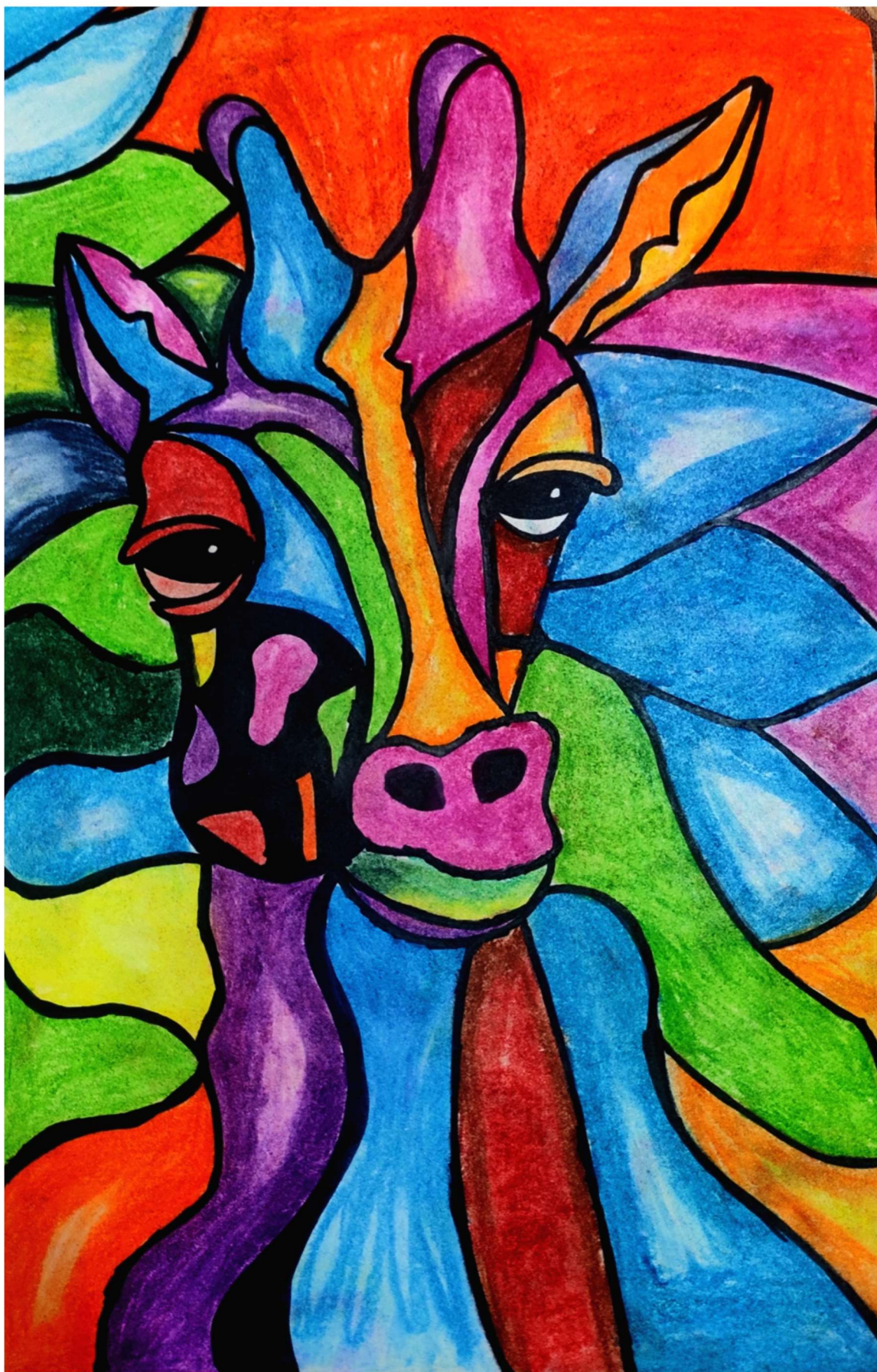
Anjali

Anjali Bhadana, 1st Year

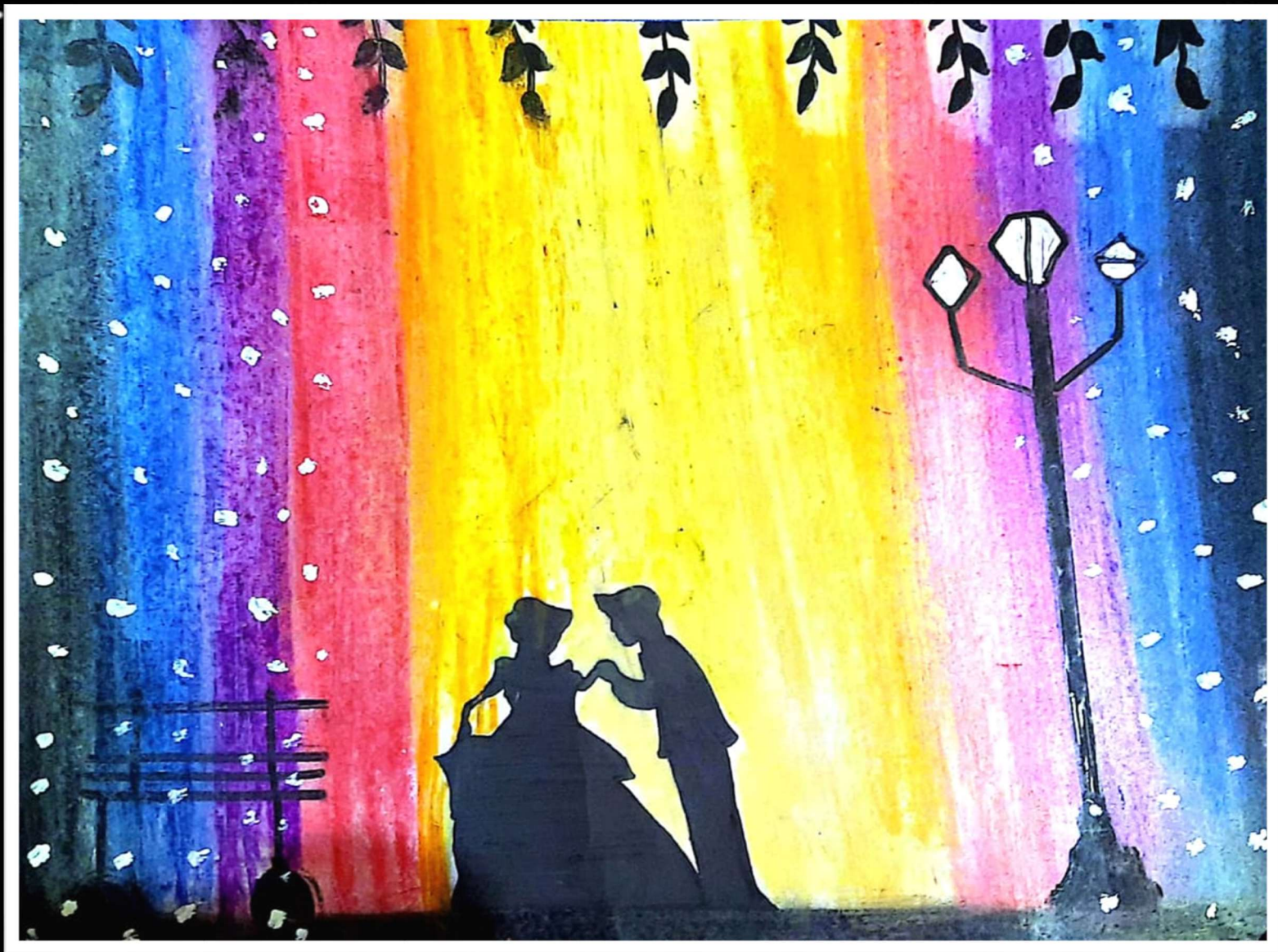




Manvi Kaushik, 2nd Year



Srishti Arora, 2nd Year



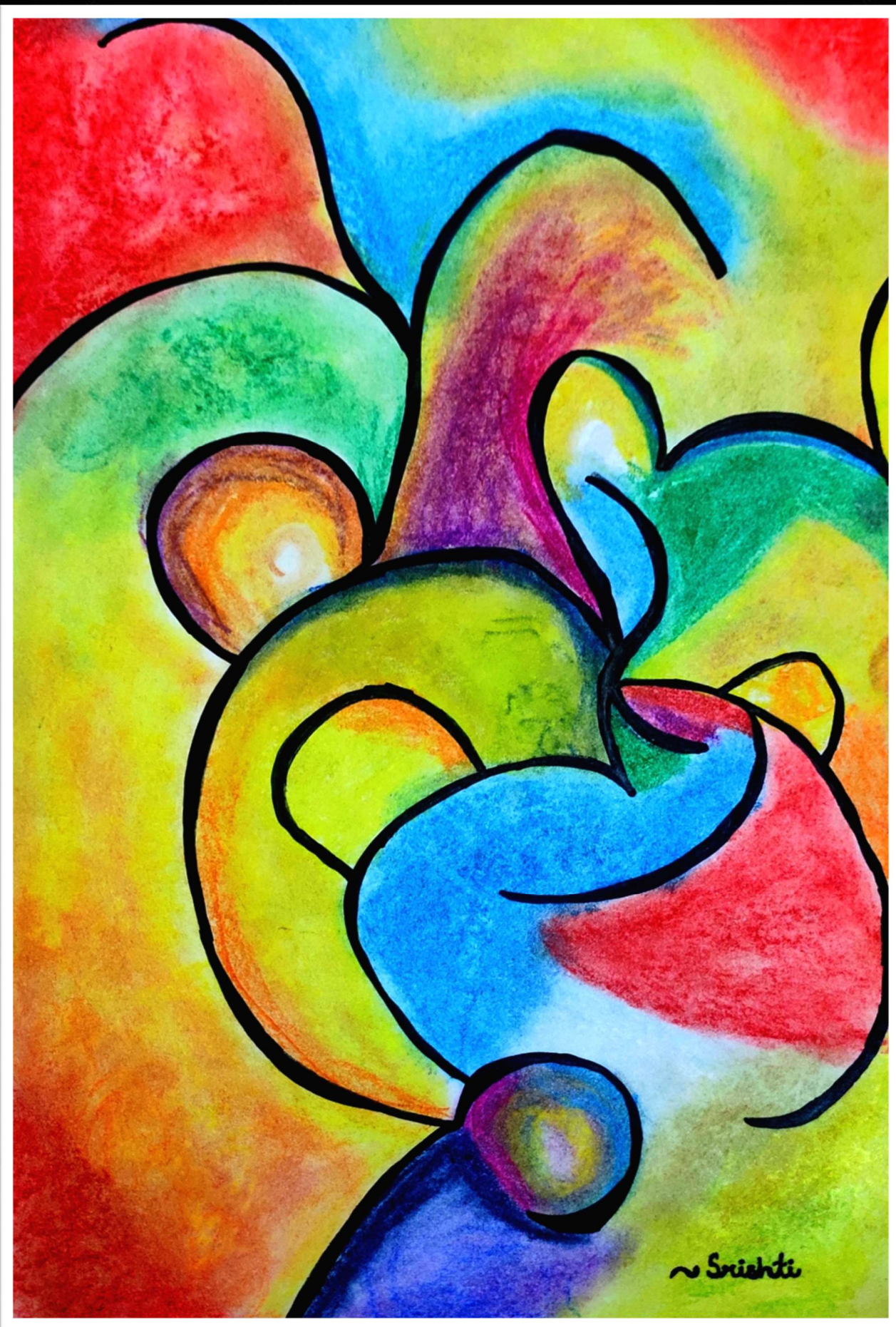
Anjali Bhadana, 1st Year



Anjali Bhadana, 1st Year



Anjali Bhadana, 1st Year



Srishti Arora, 2nd Year



Poornima Rawat, 3rd Year



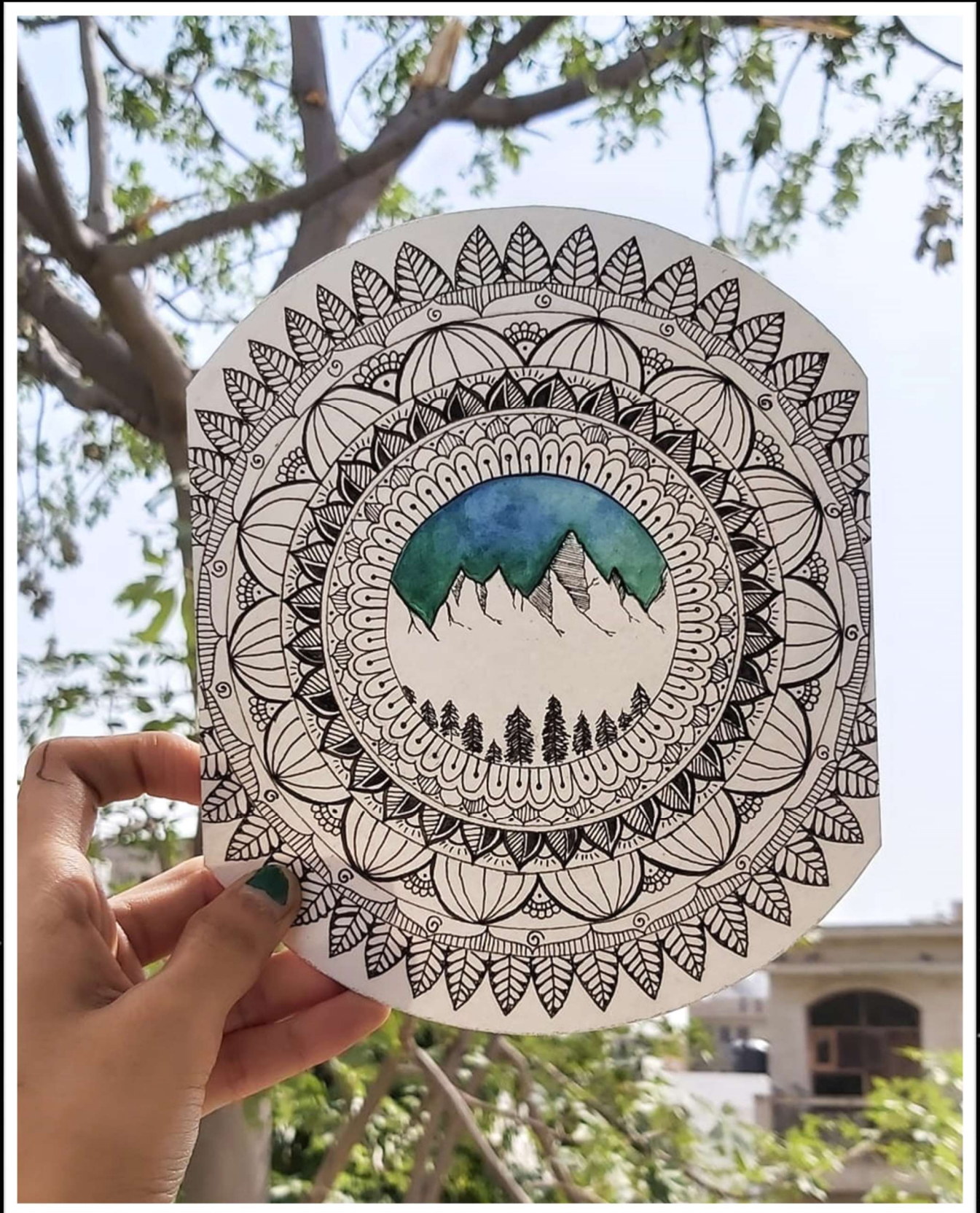
Aleena Sultana, 3rd Year



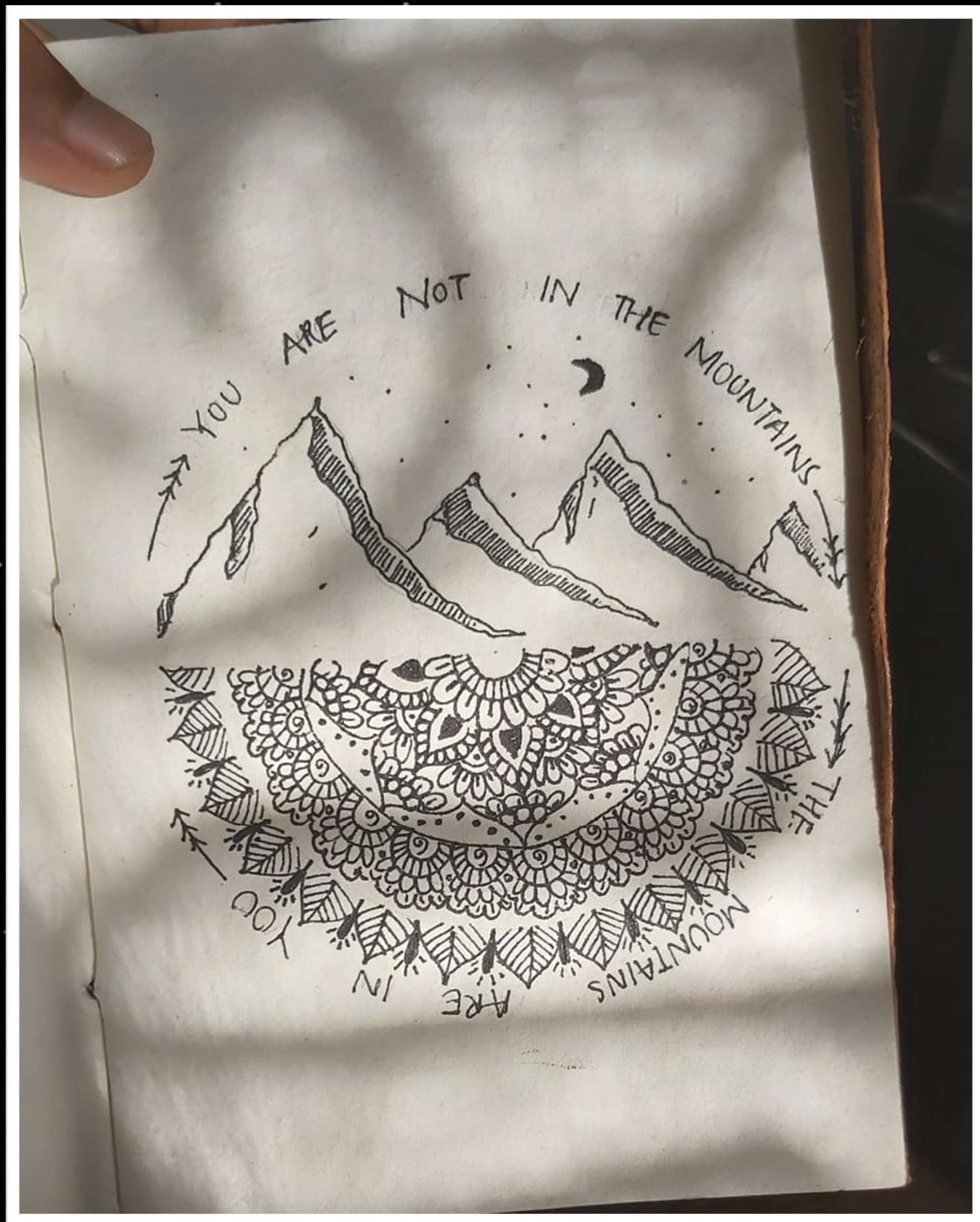
Aleena Sultana, 3rd Year



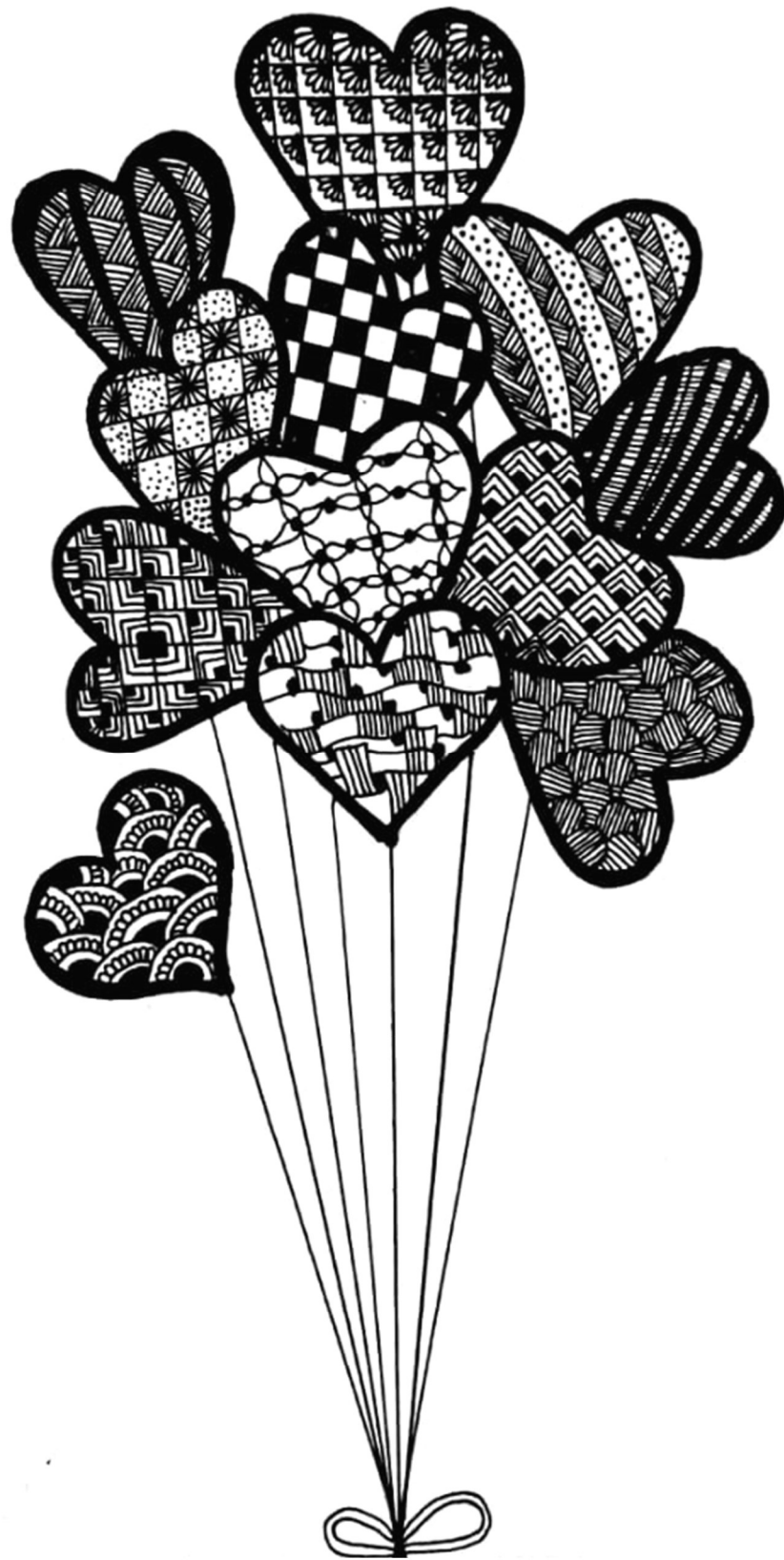
Anjali Bhadana, 1st Year



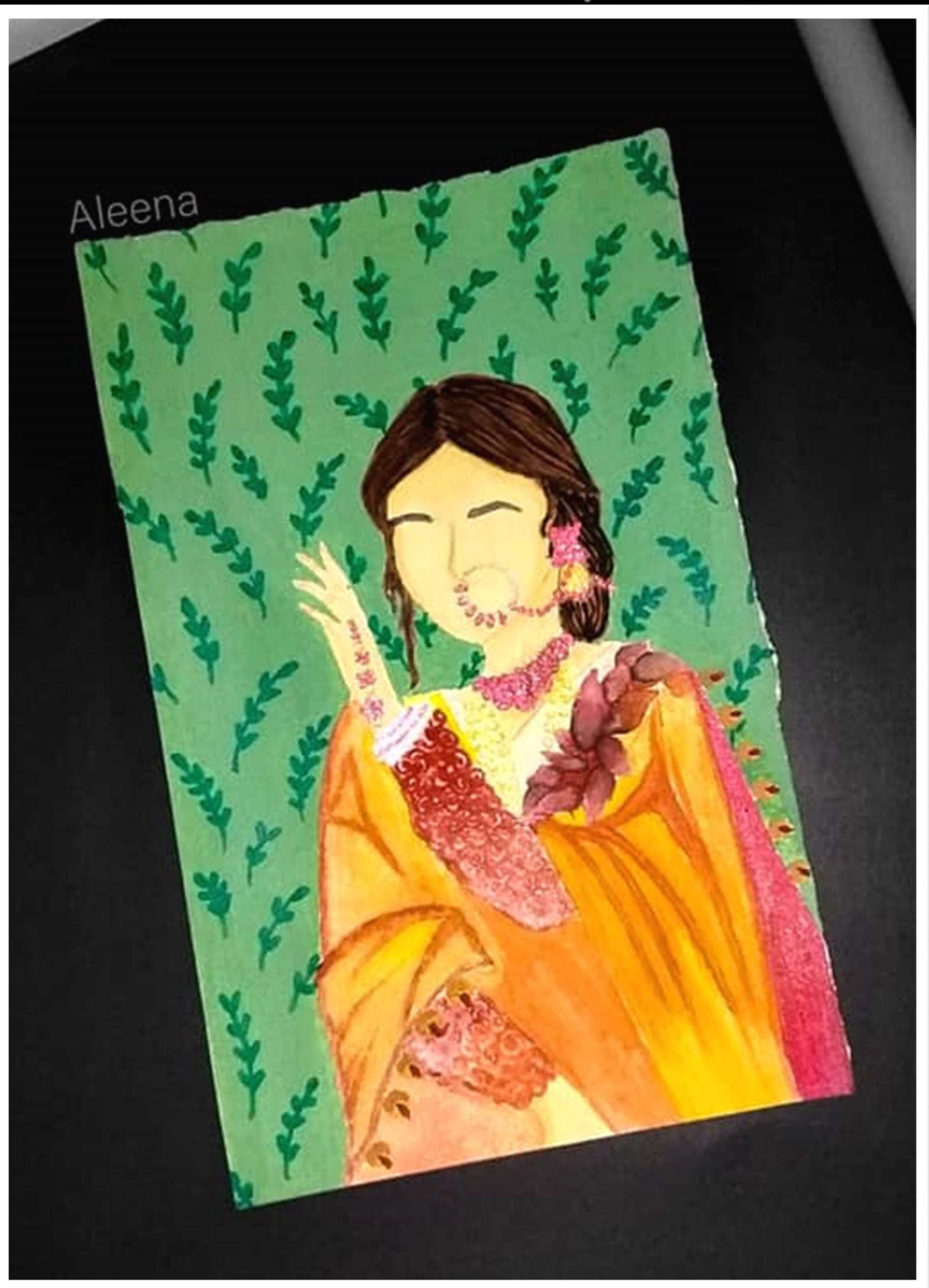
Dipanshi Singh, 3rd Year



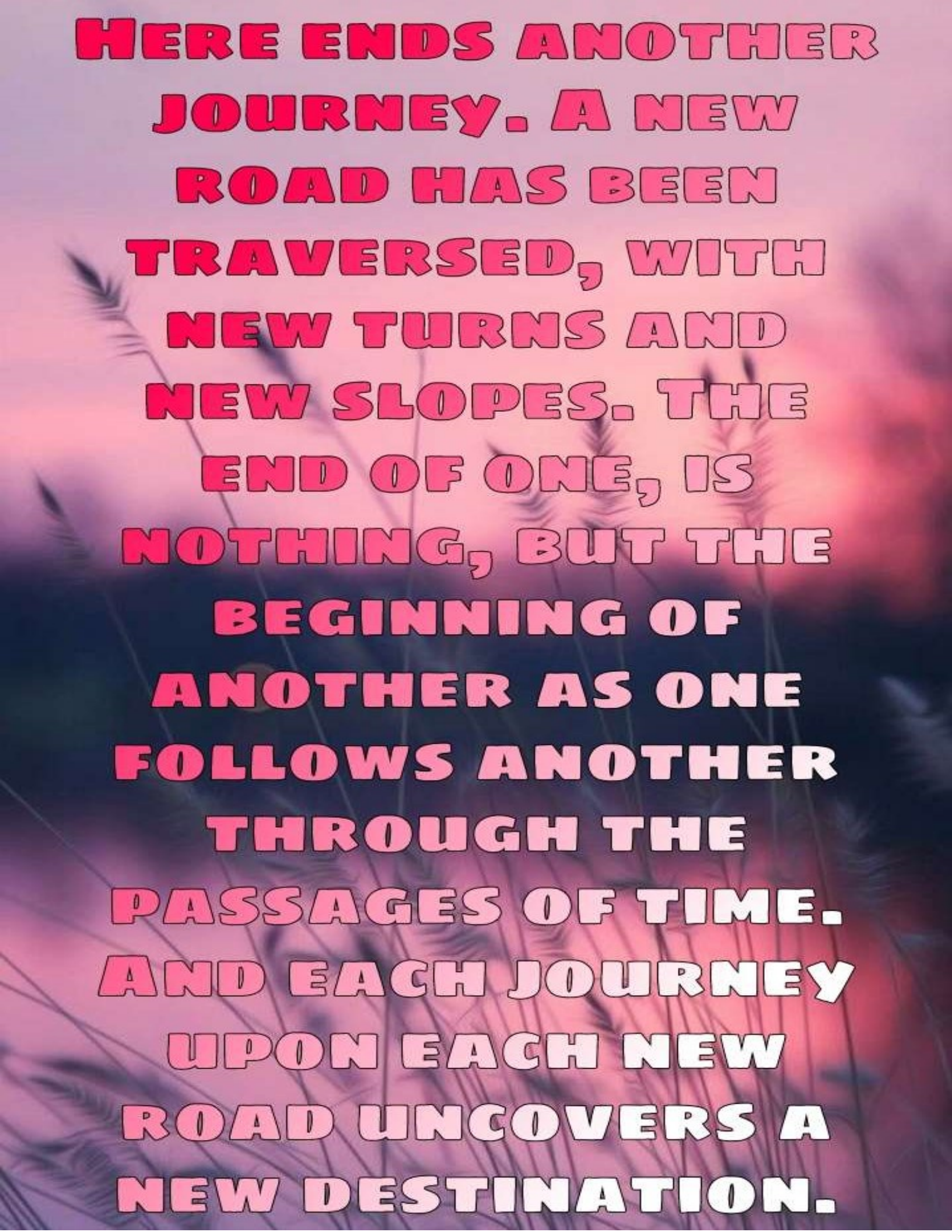
Dipanshi Singh, 3rd Year



Anjali Bhadana, 1st Year



Aleena Sultana, 3rd Year



**HERE ENDS ANOTHER
JOURNEY. A NEW
ROAD HAS BEEN
TRAVERSED, WITH
NEW TURNS AND
NEW SLOPES. THE
END OF ONE, IS
NOTHING, BUT THE
BEGINNING OF
ANOTHER AS ONE
FOLLOWS ANOTHER
THROUGH THE
PASSAGES OF TIME.
AND EACH JOURNEY
UPON EACH NEW
ROAD UNCOVERS A
NEW DESTINATION.**



Kasak

B.A. Programme Society

Mata Sundri College for Women

New Delhi-110002